

THE ORA-LIGHT EXERCISE SYSTEM AND REGIME ENABLES THE PATIENT TO CARRY OUT SIMPLE, CONSISTENT AND REPETITIVE EXERCISES AT HOME



**Clinical Background**

- Jack Light DDS, MSD, a maxillofacial prosthodontist, who has treated patients with oral motor deficits resulting in speech and swallowing disorders for the past 30 years, invented the Ora-Light Oral Motor Exercise System.
- Working with Speech & Language Therapists/ Pathologists he has incorporated clinical experiences and observational data to design an oral motor exercise system to strengthen the oral musculature for the improvement in speech and swallowing.
- The new Ora-Light system consists of oral prosthetic treatment tools
- These hand held tools have forms and texture incorporated to provide tactile proprioceptive feedback for sensory-motor stimulation to improve the lips, front tongue and back tongue therapy. The system also exercises the musculature of the cheeks, soft palate and pharynx.
- The goal of the oral motor exercise system using a physiotherapeutic exercise protocol is to strengthen the underlying musculature and neuromotor co-ordination and competency for speech and swallowing.
- The Ora-Light Exercise System and regime enables the patient to carry out consistent and repetitive exercises (drill).
- Ora-Light should be introduced in clinical treatment sessions, and enables the therapy regime to continue in the patient's home.
- Using the Ora-Light system will help to provide repetition of the corrected pattern and achieve automatic execution of the skilled task.
- With each oral motor problem and diagnosis Ora-Light can be used according to the specific needs of the patient. Although a suggested exercise protocol is provided with the Ora-Light system the Speech Language Therapist can prescribe a customized exercise regime for each patient.



You and Ora-Light...  
 ...dedicated to effective therapy

The Ora-Light® System of oral motor exercise tools is a major step forward for the Speech Language Therapist. Providing a set of practical tools for the successful treatment of patients with speech and swallow disorders.



The Ora-Light System help achieve muscle movement patterns utilized in 'resisted' movement and 'successive approximation' techniques currently used by SLTs



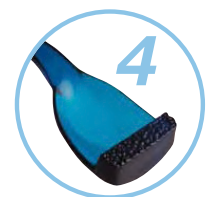
**Exercise Tool 1**  
Lip stimulator



**Exercise Tool 2**  
Tongue tip stimulator



**Exercise Tool 3**  
Tongue shield stimulator



**Exercise Tool 4**  
Back tongue stimulator

**Key therapy benefits**

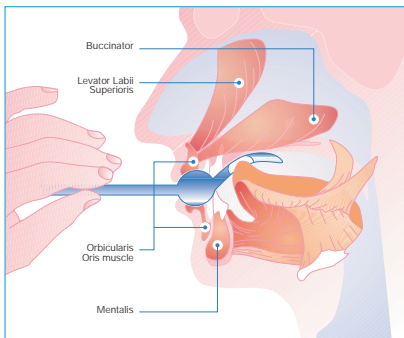
- ✔ Aids the Speech Language Therapist to target and maximize rehabilitation outcomes of patients with oral motor deficits.
- ✔ Ora-Light exercise tools help to improve the strength and movement of specific lip, tongue and cheek musculature.
- ✔ Specifically crafted from shatter-proof material to incorporate shape and tactile areas which encourage proper tongue, lip movements and contact.
- ✔ Simple to use with a comprehensive suggested exercise protocol, highlighting the specific muscles exercised, and indicating the phonetic articulator placement for sound production.
- ✔ Each tool is for Single Patient use.
- ✔ Inexpensive and cost effective. The cost of Ora-light is the price of the solution, not the cost of the problem.

## Ora-Light - the comprehensive therapy system with a structured rehabilitation program

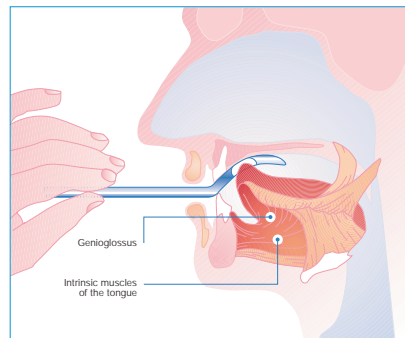
The diagrams below show how each Ora-Light tool targets specific muscles in the mouth.



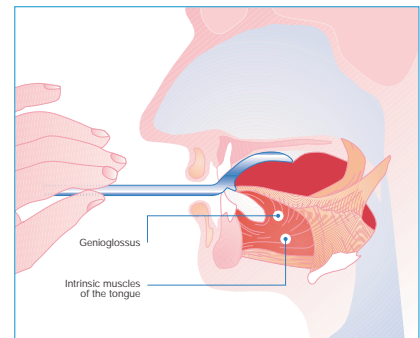
**Exercise Tool 1** - Lip stimulator



**Exercise Tool 2** - Tongue tip stimulator



**Exercise Tool 3** - Tongue shield stimulator



## Ora-Light - your partner in effective rehabilitation

Experienced Speech Language Therapists will recognise the benefits of oral motor exercises in a wide variety of clinical applications.

The use of Ora-Light tools would enhance therapy outcomes in the management of:

- Dysarthria
- Dysphagia
- Apraxia
- Articulation disorders
- Oral Motor disorders
- Oral Cancer resections
- Laryngectomy rehabilitation

We recommend that for best results the complete system be used. This will provide a balanced programme of tongue and lip co-ordination exercises and motion. However individual tools can be purchased.

The Ora-light System has been formulated after many years of clinical experience (**see clinical references on back page**). These handheld therapeutic tools have a handle portion protruding from between the lips and the other portion fitting against the hard palate.

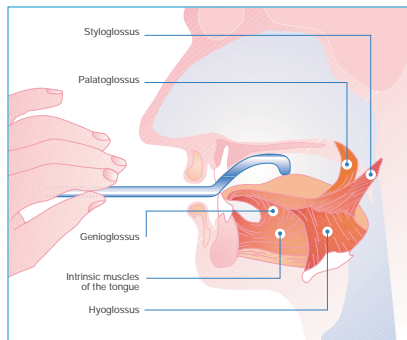
A variety of shapes, called activators, on the palatal and the handle portions have been designed to facilitate the graduated learning and strengthening of specific tongue and lip movements required for speech and swallow. These activating shapes on the handle and palatal portions have textured surfaces to provide increased sensory feedback.



Available in two sizes, Small and Large in sets of four, Ora-Light tools are suitable for Children (ages 6-12) and Adults.



**Exercise Tool 4 - Back tongue stimulator**



By incorporating these various, and other design features the Ora-light tool system provides the Speech Language Therapist the opportunity to retrain strength and movement patterns of the oral musculature by resistant movement techniques as well as with 'successive approximation' training in the strengthening exercises of the oral musculature required for speech and oral phase of swallowing.

The suggested protocol overleaf includes 'successive approximation' and resistant movement training exercises.

**Quality of life**

The use of the Ora-Light system in speech and swallow therapy after oral surgery, neurological and developmental problems will help to improve the quality of life.

The following comments by users of Ora-Light tools (in early research) clearly illustrates this point...

- "I can now drink without a straw"
- "I can use my lips and tongue more completely to eat"
- "I can kiss my wife without drooling!"
- "I can teach again without spraying my students with saliva"

**You & Ora-Light - dedicated to effective rehabilitation**

The Ora-Light® System aids the therapist to target and maximize rehabilitation outcomes of patients with oral motor deficits.


**Key rehabilitation benefits**

- ✔ To provide valuable motivation to patients by active participation in their rehabilitation programme.
- ✔ Audio CD available for patients to 'listen' and repeat the suggested exercise protocol - an ideal accompaniment at home.
- ✔ Ora-Light tools are inexpensive to help therapy funds go further! Affordable when patients and family members purchase to encourage a regular exercise regime in the home – which will help speed up rehabilitation and treatment outcomes.
- ✔ Patient's dental status is not a limiting factor
- ✔ Patient's reduced motor control is not a barrier to the use of the Ora-Light system.



## Example Protocol

**TOOL 1**
**THE 'LIP STIMULATOR'**



**MUSCLES EXERCISED:**

- ORBICULARIS ORIS
- MENTALIS
- LEVATOR LABII SUPERIORIS
- BUCCINATOR

**EXERCISE 1**
**LIP TO LIP ASSISTED MOVEMENT**

**1**

**GOAL:** TO DEFINE LIP CLOSURE

THE THERAPIST OR PATIENT USES THEIR THUMB AND FINGER BRINGING THE UPPER AND LOWER LIPS TOGETHER TO ALLOW THE TACTILE SENSE OF FEELING OF THE LIPS CLOSED

**EXERCISE 2**
**RESISTANCE MOVEMENT**

**2**

**GOAL:** LIP STRENGTHENING AN ISOTONIC EXERCISE

**BASELINE EXERCISE**

**A:**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH CLOSE AND PRESS THE LIPS AROUND THE "FOOTBALL SHAPE" ON THE HANDLE
- POSITION THE TONGUE TIP IN THE HOLE ON THE PALATAL SECTION
- MAINTAIN CLOSURE UNTIL PATIENT EXPERIENCES FATIGUE.
- RECORD CLOSURE TIME UNTIL FATIGUE IN NUMBER OF SECONDS

**B:**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- CLOSE AND PRESS THE LIPS AROUND THE "FOOTBALL SHAPE" ON THE HANDLE
- ATTEMPT TO KEEP THE DEVICE IN PLACE WHILE THERAPIST OR PATIENT GENTLY PULLS THE HANDLE OUT OF THE MOUTH UNTIL FATIGUE
- RECORD CLOSURE TIME UNTIL FATIGUE IN NUMBER OF SECONDS

**SUGGESTED TRAINING EXERCISE**

**A:**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- CLOSE AND PRESS THE LIPS AROUND THE "FOOTBALL SHAPE" ON THE HANDLE
- POSITION THE TONGUE TIP IN THE HOLE IN THE PALATE PORTION
- MAINTAIN CLOSURE FOR 3 SECONDS, THEN RELAX
- REPEAT 5 TIMES

**B:**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- CLOSE AND PRESS THE LIPS AROUND THE "FOOTBALL SHAPE" ON THE HANDLE
- ATTEMPT TO KEEP THE DEVICE IN PLACE WHILE GENTLY PULLING THE HANDLE OUT OF THE MOUTH
- REPEAT 5 TIMES

**EXERCISE 3**
**RANGE OF MOTION**

**3**

**GOAL:** INCREASE RANGE AND EASE OF MOVEMENT AN ISOMETRIC EXERCISE

**BASELINE EXERCISE**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- OPEN AND CLOSE LIPS AROUND THE "FOOTBALL SHAPE" AS MANY TIMES AS POSSIBLE AND RECORD THE NUMBER OF REPETITIONS UNTIL FATIGUE

**SUGGESTED TRAINING EXERCISE**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- CLOSE THE LIPS AROUND THE "FOOTBALL SHAPE" ON THE HANDLE
- OPEN AND CLOSE THE LIPS
- RHYTHMICALLY REPEAT 5 TIMES

**EXERCISE 4**
**PRECISION AND ACCURACY OF ARTICULATED SOUNDS**

**4**

**GOAL:** PRECISION OF MOVEMENT

**BASELINE EXERCISE**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH REPEAT THE FOLLOWING SOUNDS AS MANY TIMES AS POSSIBLE WITH LIPS CLOSING AROUND THE "FOOTBALL SHAPE" FOR EACH /p/ SOUND

puh puh puh puh puh.....

**1:** RECORD NUMBER OF /puh/ SOUNDS IN 10 SECONDS  
**2:** RECORD NUMBER OF /puh/ SOUNDS MADE WITH CLEAR ARTICULATION IN 10 SECONDS

**SUGGESTED TRAINING EXERCISE**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- CLOSE YOUR LIPS AROUND THE "FOOTBALL SHAPE"
- REPEAT THE FOLLOWING

puh puh puh puh .....SOUNDS TEN TIMES

**GOAL:** ACCURACY OF SOUNDS

**BASELINE EXERCISE**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- COUNT THE NUMBER OF REPETITIONS IN 5 SECONDS FOR EACH OF THE FOLLOWING

1. puh pah pay poo  
2. ape eep oop

**SUGGESTED TRAINING EXERCISE**

- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- PRODUCE EACH OF THE FOLLOWING SOUNDS 5 TIMES MAKING SURE THAT THE LIPS CLOSE AROUND THE "FOOTBALL SHAPE" FOR EACH /p/ SOUND

1. puh pah pay poo  
2. ape eep oop

**EXERCISE 5**
**SWALLOWING**

**5**

**GOAL:** ACCURACY OF SWALLOWING

**SUGGESTED TRAINING EXERCISE**

- TAKE A SIP OF WATER
- PLACE TOOL 1 ON THE PALATE, BEHIND THE FRONT TEETH
- PLACE THE LIPS ON THE "FOOTBALL SHAPE" ON THE HANDLE.
- BITE THE TEETH ON THE HANDLE BEHIND THE "FOOTBALL SHAPE"
- PLACE TONGUE TIP IN THE HOLE IN THE TOOL
- SWALLOW ONLY WITH SALIVA WITH NO FOOD IN MOUTH

A video of the Ora-Light Exercise System is available to view online via our website: [www.kapitex.com](http://www.kapitex.com)

## You and Ora-Light, Dedicated to Effective Therapy

A 15-20 minutes exercise suggested protocol has been designed with the Ora-Light system. It uses resistant movements as well as combinations of vowel-consonant-vowel configurations for the bilabial, lingua-alveolar, and lingua-velar exercises for the successive approximation movements.

The Speech Language Therapist can modify the protocol to meet the specific needs of the individual. Please note that the therapy time and length of rehabilitation will differ dependent on the severity of the oral motor deficit.



Using Ora-Light oral motor exercise tools in the patients home environment and encouraging and motivating the patient is a vital element in the success of rehabilitation.

To help the Speech Language Therapist, we have designed clear to follow exercise guidelines. Baseline exercises are highlighted to indicate the level of the patients oral motor ability.

Kapitex have included an easy to read user manual and interactive audio CD for patient use. This CD allows the patient to listen and repeat the exercises throughout the programme in the comfort of their own home. There is also a DVD included for visual exercising.

**ORDERING INFORMATION**



**Exercise Tool 1**  
Lip stimulator



**Exercise Tool 2**  
Tongue tip stimulator



**Exercise Tool 3**  
Tongue shield stimulator



**Exercise Tool 4**  
Back tongue stimulator

**Ora-Light System Kit Small (orange)**

(all 4 tools plus CD/DVD and manual)  
OS ORL 1100

**Ora-Light System Kit Large (blue)**

(all 4 tools plus CD/DVD and manual)  
OS ORL 2100

**Ora-Light Professional Pack**

(All 8 tools plus CD/DVD and manual)  
OS ORL 5000

**Ora-Light Information Pack**

(CD/DVD and manual)  
OS ORL 9000

**Ora-Light SMALL (orange)**

Tool 1	OS ORL 1001
Tool 2	OS ORL 1002
Tool 3	OS ORL 1003
Tool 4	OS ORL 1004

**Ora-Light LARGE (blue)**

Tool 1	OS ORL 2001
Tool 2	OS ORL 2002
Tool 3	OS ORL 2003
Tool 4	OS ORL 2004



A professional pack includes a CD/DVD and protocol exercise manual along with all 4 Ora-Light tools in both small and large sizes.

**ORA-LIGHT – CLINICAL REFERENCES**



The following papers will provide useful background information on the concepts of oral motor exercise techniques with oral motor exercise tools.

**Prosthetic Functional Therapy: A new method for rehabilitation of the orally handicapped patient.**

Jack Light DDS, MSD. Archives Otolaryngology, Vol 104, August 1978, pages 442-445

**A Review of Oral and Oropharyngeal Prosthesis to facilitate Speech and Swallowing.**

Jack Light. American Journal of Speech-Language Pathology, Vol 4, No 3, pages 15-21, August 1995

**Functional Assessment Testing for Maxillofacial Prosthesis.**

Jack Light, DDS, MSD, MPH. Journal of Prosthetic Dentistry, Vol 77, No. 4, pages 358-393, April 1997.

**The Dental Prosthesis used for Intra-oral Muscle Therapy in the Rehabilitation of the Stroke Patient.**

Jack Light, DDS, MSD, MPH. Sandra Beer Edelman, DDS, Augusta Alba, MD. New York State Dental Journal, pages 22-27, May 2001

**Sensory / Motor Therapy for the Treatment of Oral Dyskinesia.**

Jack Light, DDS, MSD, MPH. International Journal of Orofacial Myology, Vol 21, pages 23-28, 1995.

**Hibberd, J. & Jinks, C. (1998) 'Muscle Specificity: Strength, Endurance and Functional Improvement', Speech & Language Therapy in Practice Autumn, pp. 21-23**

**A Venture Beyond Dysphagia Assessment**

Miles, Hibberd, and Henshaw. Bulletin (RCSLT) January 2007 pages 16-17

PATENT PROTECTED  
U.S. Patent # 5,213,553

CE marked in accordance with Medical Devices Directive 93/42/EEC